

## Holiday Bazaar raises money for diabetic service dog training

Avery DiMaria received her service dog earlier this year, but needs to fund its training



## Students urged to turn off devices, meet live

Jessica Richard  
LIFE REPORTER

Spending too much time on electronics and social media can be detrimental to a student's mental health and growth, according to numerous studies.

Humber College anthropology professor John Steckley said studies have shown a rise in anxiety from people who are always disconnected physically from other people.

"Memory skills and listening skills are hindered by the overuse of technology," said Steckley. "Part of being socially skilled is being able to read people, looking at them and understanding."

Steckley added a person's mental health also suffers when the mind is focused on technology, and not human interaction.

"If you disconnect yourself from that and only focus on what you are seeing or reading on a small screen, you are not growing as much mentally," said Steckley.

Andrew Tibbetts, a student success and engagement counselor at Humber, said he sees students using electronics the most. He also said electronics and social media is a huge time drain, and students should manage their time better.

See MEDIA on page 10

## COUNCIL MEETING



Hermione Wilson

Mayor Rob Ford greets supporters sitting in the public gallery at Toronto City Hall while his fellow councillors speak at a meeting on Mon. Nov. 18.

## Ford says next election will be war

Hermione Wilson  
SENIOR REPORTER

Toronto City Council passed the last of three motions last Monday, designed to limit Rob Ford's mayoral powers. Ford likened the move to a coup d'état and warned coun-

cil again that he intended to take legal action.

"If you vote in favour of any of these motions, you are absolutely telling everybody that voted in the last municipal election that their vote doesn't count," Ford said just before city councillors voted

in an overwhelming majority to cut his budget and number of staff, remove him as chair of the executive committee, and transfer the mayoral responsibilities Ford has lost to Deputy Mayor Norm Kelly.

The motion, which was amended about 26 minutes

before the special council meeting began, sets the mayor's budget at \$807,000 for the remainder of his term, with the remaining \$1,312,700 to be administered by the deputy mayor. It bars the mayor from designating or setting times for key matters and

electing to speak first or last on agenda items. Council also authorized the deputy mayor to take over responsibility for staffing decisions and the transfer of staff from the mayor's office.

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### Studies show young men are going to extremes to lose weight

Humber psychologist Sonja Embree says 10 per cent of males suffer from eating disorders

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Humber's celebration closes with Indonesian dance



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### Men's rugby take OCAA title

The Hawks' battle past Algonquin to take their fourth title



## - IN THE WORLD THIS WEEK -

TODAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29	SATURDAY 30	SUNDAY 1
<b>Day to End Violence Against Women</b> The World Health Organization seeks international awareness of this issue.	<b>Nexus 7 released in India</b> The tablet will be available for the first time in India. The cost will be 20,999 rupees or CDN \$353.	<b>World Culture Forum</b> This forum takes place in Bali, Indonesia with a focus on the power of culture in sustainable development.	<b>World AIDS Gala</b> Sixth Canadian AIDS Society event in Ottawa to raise money and awareness for the worldwide cause.	<b>Black Friday</b> The day in the U.S. where stores kick off the holiday shopping season with discounted consumer goods.	<b>Winterfest</b> Holidays are on the way and cities are getting ready. Cleveland is kicking the season off with a festival of lights.	<b>Taiwan-New Zealand deal</b> This is Taiwan's first trade agreement with a country without diplomatic ties to Taipei.

# Councillors freeze out Mayor Ford



Hermione Wilson

Councillor Doug Ford remains a staunch ally of his embattled brother, the mayor.

continued from page 1

Previous motions have already stripped Mayor Ford of his powers as head of the executive committee and his authority in emergency situations. At the council meeting on Friday, Nov. 15, Ford stated that he sympathized with council's decisions. "If I had a mayor acting the way I've acted, I'd have done the same thing," he said.

He was less resigned on Monday afternoon when his budget was on the line. "Mark my words, friends, this is going to be outright war in the next election. I'm going to do everything in my power to beat you guys."

Not every councillor was in favour of the motion presented at Monday's meeting.

"I believe the Mayor is ill," said Councillor Giorgio Mammoliti. He presented a motion, which was defeated, that council defer their decision to strip the Mayor of certain powers until the Mayor obtained a letter from an independent doctor stating whether or not he is able to

carry out his duties.

Councillor Anthony Peruzza warned that the decision to transfer some of the mayor's powers to the deputy mayor would create confusion. "You have one mayor elected by the people of Toronto, you have another mayor who will be elected by city council," he said.



Mark my words, friends, this is going to be outright war in the next election. I'm going to do everything in my power to beat you guys.

Rob Ford  
TORONTO MAYOR

The air was charged at City Hall on Monday afternoon. At one point, while one of his fellow council members was speaking, Mayor Ford got up and walked along the outskirts of the council chamber, greeting his supporters while his bodyguard filmed mem-

bers of the audience, presumably those who were heckling Ford loudly from the public gallery. Ford caused such a stir that Speaker Frances Nunziata called a 10-minute recess.

After Ford's brother, Councillor Doug Ford, joined him, the two engaged in shouting matches with members of the public they labeled as "special interest groups." The mayor accidentally knocked over Councillor Pam McConnell while running across the chamber floor. He later said he was trying to come to his brother's defence.

Councillor John Filion, who authored the motion, had this to say: "Last week [Mayor Ford] rejected an urgent and unprecedented call by council that he stop the car and turn the wheel over to someone else, at least for a period of time. Now it's time to take away the keys."

Outside the mayor's office after the council meeting, Councillor Doug Ford again declared the decision illegal and "undemocratic." Mayor Ford declined to address reporters.

# Red Bull beverage maker hit with first wrongful death suit

Michael Bereznoy  
NEWS REPORTER

People should think twice before buying an energy drink as a "wake-me-up".

Red Bull is being sued for US\$85 million by the family of a 33-year-old Brooklyn man who died while playing

basketball, shortly after consuming their energy drink, in what is believed to be the first wrongful death suit against the company.

According to his family, Cory Terry was a construction worker who was healthy, active, and a non-smoker, but he regularly consumed a lot

of Red Bull.

In November of 2011, while playing basketball, Terry consumed a can of Red Bull. He became lightheaded and collapsed shortly afterwards.

When he was taken to the hospital, doctors discovered he had suffered from idiopathic dilated cardiomyopathy, meaning that his heart had simply stopped beating. They were unable to pinpoint any causes as to why he had died.

In the United States, the Food and Drug Administration has previously confirmed 18 deaths that had a suspected link to energy drinks, and in a study released in 2009 stated that there had been 13,000 emergency room visits related to energy drink consumption.

Since 2011, energy drinks in Canada have been regulated by Health Canada, who has established limits on caffeine from any source in an energy drink, as well as labeling regulations.

"Now, 180 milligrams of caffeine is the maximum amount allowed per single serve container, which is 591 millilitres, so a pop bottle," said Stefano Zannella, a pharmacist at the Sunnybrook Odettes Cancer Centre.

"They also made it so that the labels would have to tell people that there is a high amount of caffeine, and that it is not recommended for children or pregnant/breast-feeding women," he said.

Many students remark they use energy drinks as an

alternative to coffee or other drinks to help them through their days. I used to work at a nightclub, and that's when I started drinking energy drinks," said Liz Birkett, 28, a first-year funeral services student at Humber College.

"I don't drink them very much anymore, but they help me when I'm feeling sluggish."

With more and more people, especially adolescents, turning to high-energy alternatives to get through long stressful days, some believe that the solution isn't in a quick energy boost at all, but a good overall diet.

"We want to make sure that there is access to affordable food with high nutritional content," said Caitlin Smith, the campaigns coordinator

for the Canadian Federation of Students-Ontario, which does campaign and advocacy work for student interests.

"I think that having this kind of access would enhance students' studying and learning habits, so that they wouldn't be looking to things like energy drinks to get them through the day."

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## CORRECTION

Tanzeem Parkar is the communications advisor for the Ontario Association of Children's Aid Societies.

## Child Day at Humber

Earl Abalajon  
EARLY CHILDHOOD REPORTER

Students in the Child Rights United Club organized a flash mob on Nov. 21 at the Humber Lakeshore campus to raise awareness for National Child Day.

Over 70 child and youth work students danced a choreographed routine to the Black Eyed Peas' song "Where is the Love?"

Club President Sammy D'Agostino, 25, a third-year child and youth worker student, started the club this year to raise awareness about the UN Convention on the Rights of the Child.

"It affected me that I had gone through my whole childhood and adolescence not knowing that I had specific rights," said D'Agostino. "I think it's important for us to advocate to Humber students and let everyone know they have specific rights."

"It's a fun way to get people motivated and interested in children's rights," said Lareesa Duncan, 20, a classmate of D'Agostino, and secretary of the club. "It's a big document, so instead of just saying 'hey, read this,' here's a fun way to interact with us and to know and learn about the UNCRC."

The Convention of the Rights of the Child, which was put into force by the United Nations on Sept. 2, 1990, deals specifically with the rights a child should be given, as well as the government's role of maintaining the best interests for a child. D'Agostino said the convention held four guiding principles: the right against discrimination, the right to survival, the right to best interest, and the right to participation.

National Child Day commemorates the day Canada adopted the United Nations Convention on the Rights of the Child.

"There's was an evaluation cycle that the UN does, and Canada's progress with the UNCRC was reviewed last February... and we didn't do very well," said Heather Snell, Humber program coordinator for the child and youth work program, "Particularly the rights of newcomers to Canada (children), the rights of the indigenous population, and the rights of young people who are incarcerated."

D'Agostino said the club is planning to hold another event next semester, an Olympic-type activity day, themed to address the UNCRC and raise more awareness for child rights.



Humber's Cabinet Making Program

A student in Humber's cabinet-making program. Despite need for skilled trades, programs in high schools are dwindling.

## High school trades lack funds

Alejandra Fretes  
APPLIED TECH REPORTER

With the number of people interested in the trades dwindling, does it make sense for our government to continue funding trades programs in high schools?

"What I think happens, is the educational system can

never keep up with industry, they don't have enough money," said Mark Paddison, the cabinet making program coordinator and an industrial woodworking technician at Humber College.

Paddison, a professional woodworker for over 25 years, prefers when his students have not been taught prior to

attending post-secondary. He emphasizes how important it is for students interested in his program to have a basic understanding of math, reading comprehension and the ability to take direction.

Paul Griffin, a wood working teacher at Notre Dame Catholic Secondary School in Brampton, said there has

been consistency in the direction his students take after graduation.

"Quite a few do continue in the trades, I've had a lot that have continued on to be electricians, quite a few that have gone on to be carpenters," said Griffin

Griffin has noticed within the past few years, trades pro-

grams in other high schools have been entirely removed due to lack of funding.

"To set this room up is hugely expensive, you're probably looking at an excess of \$100,000. And it takes up a big space, you could fit about 3-4 classrooms in this space," said Griffin. "And maintenance. I spend a lot of time maintaining the machinery, it's a big expense."

Lindsay Hogan, an industrial woodworking student at Humber came from a high school which offered trades programs but never chose them until post secondary.

"We did have a shop class, but I never really had any interest in taking it," Hogan said.

"I guess at the time I hadn't really been exposed to it."

Although some Toronto-area high schools are equipped with tools and machinery for their students, in comparison to what is available in post secondary, a number of former students say, it fails to measure up.

It boils down to difficulty for high school students to be fully prepared and knowledgeable on all other kinds of equipment available.

"It's very difficult to measure these things. The government starts these programs, sounds like a great idea, but how do you measure whether it's successful or not?" said Paddison.

"How many people will take that training and then go on and do something else? Is it better to give them a general education and allow them to mature a little bit, and then they decide?"

## Reputation.ca offers to re-invent online image

Tricia Chan  
NEWS REPORTER

Gossip and rumours are no longer confined to whispers in school hallways and small town beauty parlours. With the prevalence of online branding and a strong social media presence in almost every industry, managing reputations on the Internet is becoming a lucrative enterprise for some.

"The end result and the client's objective is that it's not balanced, it's positive," said Matt Earle, president of reputation.ca, a Toronto based reputation management firm.

Earle said a bad search result is equivalent to a bad first impression. His company's mission is to flood the internet with positive information about their clients, who when searched won't have cases of criminal charges or slanderous articles be the first Google

results.

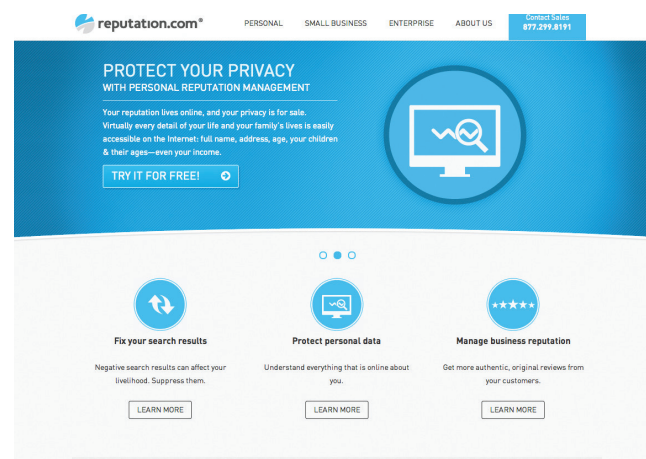
"So we interview them, we get their CVs and any information we can find on the internet, and talk to people they work with," said Earle of reputation.ca's process.

"Just learn all sorts of information about the person and then create a whole bunch of digital assets to reflect who that person is, what they've accomplished and what they could offer."

Hiring reputation.ca will cost between \$3,000 and \$10,000, according to Earle.

"A lot of young people do call us and because I empathize with their situation, we offer free advice on our blog," said Earle.

"Secrets are expensive," said Amanda Boksa, 24, a legal services assistant at Miller Thomson LLP and a Humber College graduate. "Privacy doesn't really exist anymore because of Facebook and



Screen Shot

Reputation.ca charges between \$3,000 to \$10,000. to change what facts come up in a search result of a person's name.

because of Twitter, everyone always knows what you're doing because you're posting about it."

"It seems much more cost effective to be careful, but it's different because I'm not in the public eye," said Boksa on hiring a reputation management firm.

"If I was a politician or celebrity trying to maintain a good reputation and a good public image then I probably would, especially if it was going to affect my livelihood."

Tanja Kristic, a corporate communication specialist, said the industry has standards of acceptable practice

and the blatant manufacturing of truths does not fall under that spectrum.

"It is the responsibility of the public relations professional to represent their client in an accurate and truthful manner," said Kristic.

"Obfuscation and prevarication are common mistakes to handling crises, but only lead to the perception of more dishonesty."

Kristic said that the best way to handle a bad public image is to stick to the truth and keep clear messaging.

"In this case, it would be advisable for the public relations practitioner to be honest and disclose all information about the client," said Kristic.

"Having the client admit to their faults at the onset ultimately preserves their integrity, and creates future opportunity to restoring the public trust."

# AIDS learning for bisexual and gay men

AIDS Committee of Toronto holds education sessions to discuss safe sex, health awareness

Ari Perlin-Bain  
NEWS REPORTER

Throughout November, the AIDS Committee of Toronto has hosted Totally Outright leadership workshops, bringing gay and bisexual men from across the GTA together to delve into health and sex issues affecting the local gay community.

Workshops are staged over four consecutive Saturdays twice a year and the information and activities are focused on issues related specifically to HIV/AIDS as well as safe sex.

Ricky Rodrigues, a support worker from Totally Outright, said he hopes the workshops will promote safe health and sex conditions to those who attend.

"We provide those chosen to participate in the workshops with the knowledge and skills that they can use not only in their personal lives when it comes to sex, but also to empower their community as well," he said.

The AIDS Committee of Toronto only allows a select number of gay, bisexual or transgender individuals to take part in the workshops.

According to Rui Pires, community education coordinator at ACT, this is to ensure the organization knows why potential attendees want to participate and that they

will use the information provided to better their community.

"We make our participants sign intake forms to register for the workshops just so we know what they want to learn, work on and also what issues they want to deal with in particular," he said. "In the case that our attendees don't communicate or strike friendships with the other participants, we'll make sure for future that we choose people that are the opposite."

At Humber College, the Gender and Sexual Diversity Committee has projects of its own for the school's LGBT population that they're looking to implement at the school.

According to Andrew Tibbetts, a counsellor at North campus, one idea is to help the school's transgender population.

"The committee is looking into having gender neutral washrooms at all three campuses because of the hostility our transgender students feel at times when having to go to the bathroom," he said.

"We're trying to make life easier for all our LGBT students."

The next Totally Outright workshops will be held on Feb. 22, March 1, 8 and 15, 2014. Registration for those dates is now open on the AIDS Committee of Toronto website.



Courtesy Baby and Me Fitness

A woman and infant taking a Baby and Me Fitness class. Mothers are advised to exercise before, during and after pregnancy.

## Mom's fitness boosts baby's brain

Study shows mothers who exercise while pregnant enhance health of their babies

Mario Belan  
HEALTH REPORTER

Women who exercise three times a week for 20 minutes during their pregnancy enhance their newborns' brain development, according to researchers at the University of Montreal.

The study randomly assigned pregnant women to exercise groups and sedentary groups. The active women had babies that showed a more mature brain at one week old. Researchers found this out by attaching electrodes on the babies' heads

and then they played sounds while they were asleep. Researchers said they are planning on testing the child's motor skills at the age of one.

Keeping a healthy environment is as important as exercise, said Louise Choquette a health promotion consultant at Health Nexus an organization that supports individuals and promotes health in Toronto. "Mothers should avoid using drugs and alcohol," she said. Drinking during pregnancy can lead to disorders and problems for the child. They may not pay attention and won't be able to focus, said Choquette.

"All healthy lifestyle helps the newborn and the mother," said Choquette. The newborn will be born healthy and show quicker signs of brain

development she said. "It's a good time to set a good and unique lifestyle," said Choquette.

"Mothers who weren't active before their pregnancy shouldn't exercise for the first 15 weeks," said Olesya Oligradska a personal trainer at Humber College. She said if women who haven't exercised before will experience much more stress on the body and can't handle the exercise. Trainers encourage walking she said.

Oligradska urges women not to do any crunches or lying down on their stomachs. This is very hazardous for the baby. "If you go swimming make sure the pool doesn't have hot water," she said. Saunas, hot tubs and warm pools can cause fainting she said.

Women can almost do any exercise, said Heather Jones, the co-owner of Baby and Me Fitness in Toronto. "You can continue any workout you did before the pregnancy." This includes, walking, running, biking, yoga and swimming she said.

Mothers who exercise deliver a baby that will sleep and eat better. They will also be smarter, said Jones. "Exercise will also help the mother," she said. It gets rid of aches and pains in a woman's body and mother's tend to have a quicker delivery said Jones.

Jones said she was running up to six times a week and kept exercising even after the pregnancy was over. Mothers should be exercising before, during and after their pregnancy.

## Diabetes service dogs train to detect problems by scent

Trevon Marsh  
NORTH ETOBICOKE REPORTER

People who did their Christmas shopping early at the Holiday Bazaar on Nov. 17 had the opportunity to donate for the training of a diabetes service dog.

The event took place at the Royal Canadian Legion this past week and many residents came out to contribute to the cause.

Bazaar organizer, Jennifer Magnus, has a Type 1 diabetic daughter who has a Labrador retriever that needs training

for the next two years.

Avery DiMaria, 9, was diagnosed with Type 1 diabetes at the age of four. DiMaria received her service dog earlier this year but needs support to help raise funds for its training.

A service dog, also known as a Diabetic Alert Dog, is a dog trained to assist diabetic patients by letting them know when they have low and high blood sugars. Warren Retrievers will provide the training so DiMaria can have a partner that will help lessen her diabetic related

complications. Service dogs are trained to get a juice box if needed or even a blood glucose monitor.

"Sometimes diabetes is really misunderstood, especially with children, so we like to let it be known," said Magnus. "Having a service dog during the day-to-day is extremely helpful and it's important that people understand the use of it. Just by the community coming out, it helps us raise awareness for Type 1 diabetes."

Magnus likes to raise funds for the Juvenile Diabetes Re-



Trevon Marsh

Type 1 diabetic patient Avery DiMaria, made it known that she needs support for the funding of her service dog.

search Foundation because of the great job they do in finding a cure for Type 1 diabetes.

"I'm here to really just support people with diabetes," said Ravenna Lakhan, vendor at the event. "When I search for places to sell my jewelry I

always select important ones with a good cause and this one is really meaningful. I have a dog at home so I usually lean towards events like these because I am a huge supporter of animals. When an animal can help make your situation

better, it's an amazing thing."

With months of fundraising promoting their organization Avery's Angels, Magnus has raised \$15,000 with a goal of \$25,000. Future events will take place to continue to raise funds until they reach their goal.

"The fact that it's my friend's niece which I've known for many years and care about is what inspired me to come out and participate today," said Julian Mimovic, volunteer at the gathering that collected the \$2 entrance donations.

"I'm here to show my support for this little girl and all diabetic patients to show that I care as should all the good hearted people in the community. It's really just a good cause," Mimovic said.

## Chowder Chowdown dines on sustainable seafood

Vanessa Campbell  
CULINARY REPORTER

Chef Doug Neigel of Trattoria Mercatto claimed the winning title of the 2013 Ocean Wise Chowder Chowdown in Toronto's Distillery District on Nov. 19.

Ocean Wise is a conservation program created by the Vancouver Aquarium that is dedicated to educating about and promoting sustainable seafood. The Chowder Chowdown is an event held annually in Calgary, Vancouver and Toronto to showcase the talented chefs who support the cause.

Gregory Sheppard, 22, a second-year culinary management student at Humber, said he doesn't see a future in seafood as a specialty because of the overfishing done worldwide. Even if a specific kind of fish is being overfished, it affects the other fish because there isn't anything for them to eat.



Courtesy Tamara Lockwood Photography for the Vancouver Aquarium

**Contestants had the chance to create their best seafood chowder using sustainable ingredients from the ocean. Held in Distillery District on Nov. 19, Chowder Chowdown had top chefs.**

"It doesn't just affect one. It's a cycle," said Sheppard. "Overfishing destroys ecosystems. They don't recover as fast as they're fishing."

Robin Poirier, account representative of Ocean Wise, said the participating chefs are all partners of Ocean Wise and must use Ocean Wise recommended foods.

"What we basically do is identify if those seafood options are farmed or fished in a way that ensure there will be fish in the future. So we're not taking from an overfished stock."

The Chowdown was held at the Distillery District's Fermenting Cellar and was open to the age 19-plus crowd, at \$50 a ticket.

Fourteen chefs of the Greater Toronto Area created chowders using ocean-friendly seafood. The competition had three winners: 2013 Ocean Wise Chowder Chowdown Champion, People's Choice and Best Chowder-Beer Pairing.

Chef Neigel of Trattoria Mercatto prepared the winning dish. He created his own version of Zuppa di Vongole

chowder, featuring Ontario parsnip brood, Ontario chili squash butter, and crispy polenta-crusted littleneck clams – all using ocean-friendly products.

Lauren Shunock, Ocean Wise coordinator, attended the event and said she was surprised at the number of people who came out to support and learn more about Ocean Wise.

"It was really good to see that they didn't only come for beer and food. We gained a few new followers. People stayed afterwards to mingle and were really engaged in learning about seafood sustainability."

"All proceeds from ticket sales, raffles and donations went directly to expanding the Ocean Wise program and providing information to the general public," she said.

## Health, wellness fair promotes active lifestyle

Shaneza Subhan  
HSF REPORTER

Humber's Fitness and Health Promotion students are encouraging other students to participate in a healthy and active lifestyle through the Health and Wellness Fair.

The fair, which is taking place on Tuesday at the North campus, has been held for the past 11 years promoting vitality, play and synergy for students.

Kristan Lingard, coordinator of the fitness and health program, said the students in his program are offering a variety of activities for attendees.

"There will be things that students can do to check up on their health like blood pressure tests, getting information to benefit their health as well as fitness activities," Lingard said.

"This event will bring attention to health awareness and what students can do to get into a healthy lifestyle," Rence Roy, third semester fitness and health promotion student.

This event is free for all students to check out booths providing demonstrations and fun facts on topics revolving around martial arts, nutrition, weightlifting and fitness. Students will also be granted access to a guest chi-

ropractor for posture assessments, which is a usual tradition from past fairs.

Catherine Mckee, registered nurse coordinator at Humber said the health fair is an excellent way for students to learn about resources and health options.

"Students can learn off other students and really relate to one another when it comes to making healthy choices," Mckee said.

Debra Basch, instructor from Humber's School of Hospitality, Recreation and Tourism, said putting on the event is part of the curriculum for the fitness and health promotion students.

"They gain real world experience organizing, marketing, and attracting relevant and reputable sponsors, as well as, display student-designed booths," Basch said.

"We want students to reflect on this year's theme of synergy and vitality and take that with them to ensure a better lifestyle," Amandeep Dhillon, third semester fitness and health promotion student said.

Some other events they can participate in are playing Xbox, and martial arts.

The Health and Wellness Fair will be held from 11 a.m. to 2 p.m. in Gyms A and B.

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## YOUTH WITHOUT SHELTER FUNDRAISER



Shaneza Subhan

Taryn Nandan, fourth year psychology student, helps the Guelph-Humber Student Association pack brown bag lunches on Thursday, Nov. 21. Food will go to Etobicoke's Youth Without Shelter, an emergency facility.

# Playstation 4 sells million in a day

Brendan Quinn  
BIZ/TECH REPORTER

The PlayStation 4 launched Thursday to record breaking sales with over a million units sold in North America on the first day.

It begins again: A new generation of living room based gaming consoles officially kicked off on Thursday with the launch of Sony's PlayStation 4. Gamers all around North America lined up outside of stores to get their hands on the system, and reactions so far are pretty positive.

Zach Mollins-Bidlake, 29, of Barrie, is an avid gamer and grabbed a PlayStation 4 as soon as it became available. With only a few titles available currently, Mollins-Bidlake shared some of

his impressions so far: "It's pretty much everything I expected. The interface is clean and easy, and transitioning back and forth while playing games or watching movies is seamless. Everything looks great and plays great, but I expect over the next few years the games and apps will continue to improve."

Sony's rival, the Microsoft Xbox One, launched last Friday. Comparisons between the two have been non-stop over the last several years, and there is endless speculation as to who will come out as the victor in the upcoming cycle. Not everyone has to pick a side though; many gamers with a bit of extra coin will be purchasing both consoles. The exclusive games from first party studios



SONY

Controller for Sony's PS4, its fourth generation console.

not available on both systems are big selling points. "I'm more of an Xbox guy, so I'll be buying one for sure," says Mollins-Bidlake, "I had both systems last gen and definitely played Xbox more. I am stoked for some of the PS4 exclusives, anything from

Naughty Dog is bound to be good and there's always *Final Fantasy*."

Even those in the industry are enjoying the PlayStation experience so far. Josh Taylor, 29, is a programmer for Electronic Arts Studios in Vancouver, B.C. He had pre-or-

dered his system months ago and spent the weekend exploring the ins and outs of the machine and the current roster of games. "The OS and the new PlayStation Network are in their early stages, and there's work to be done, but other than that, I love it."

While first day sales of a million is pretty remarkable, it is an uphill battle for dedicated gaming consoles as the mobile gaming market continues to explode. "Both of these guys are redoing their platforms in order to be competitive with the iPads, iPhones, etc. which have been stealing their sales," says Rob Robson, program coordinator for the Computer Programming and Game Programming courses at Humber. "There's a ton of

games on the iPhone that are free, or 99 cents, and this is a pretty big advantage. It's easy to develop for, and an Apple license is cheap. So everybody is throwing stuff up because it doesn't cost much." Comparing this to the several years and hundreds of millions of dollars it takes to produce a game like *Grand Theft Auto*, it's easy to see why Sony and Microsoft are going hard to retain their grip on the living room and the gaming market as a whole.

Sony has a long way to go to recoup their losses from the previous generation, but the firm has momentum. Gamers say the next several years are something to look forward to and no matter which camp they're in, it's an exciting time for them.

## HUMBERLAUNCH CONFERENCE



Adam Kozak

Nov. 19 conference included nine panelists on social media trends for 2014 to the 100 Humber students in attendance.

## Social media as business tool

Adam Kozak  
SENIOR BIZ/TECH REPORTER

Business incubator Humber Launch hosted nine experts to talk to students about social media on Nov. 19 at the Lakeshore campus.

The event was sold-out with about 100 people in attendance, and another 30 or so on the waiting list.

Experts were divided into two panels, which talked separately on social media trends for 2014, and ways to use an authentic voice on social media platforms.

Each panelist works full-time as a social media manager representing companies or organizations such as Ford Canada, MasterCard, Molson Co-

ors, and CBC, among others.

Shannon Kelly, a social media manager for The Toronto Real Estate Board, says students looking for a job can benefit tremendously through smart use of various social media platforms.

"It's a great way to show that you're doing something other than getting up in the morning, eating cereal and going to school. You have to stand out in some way. At the end of the day, we're all utilizing this marketing tool to better ourselves in some way."

Throughout the event attendees were encouraged to tweet while the event was going on, while using the hashtag #LaunchxSocial. Most of the tweets centered

around repeating advice given by panelists, which resulted in making the event trend on Twitter in the area of Toronto. Some panelists even tweeted themselves, while waiting for their turn to speak.

Dylan Walters, a second year student in the sport management program, recently got a job managing social media for a Track and Field Association. Although a "strong believer" in his ability to use social media, he felt he could always learn some more. For him, the intimate nature of the event gave him the opportunity to take away actionable advice.

"First, I'm going to start a FB page because I've been debat-

ing if I should start one. I talked to one of the panelists and she said, 'Start it now.' So that's the first thing I'm going to do."

The event was part of HumberLaunch's mandate of fostering the growth of student run businesses. In addition, networking, meet-up, business-idea pitching, as well as a talk from a lawyer speaking about IP law and branding will be held.

HumberLaunch Program Manager Cheryl Mitchell said it's all about helping students with their business goals.

"Student ideas and student businesses are unbelievable," she said. "It's great to have a program like this to support it, to encourage it."

## TTC fare hike in 2014 argued 'fair'

Kat Shermack  
SENIOR BIZ/TECH REPORTER

TTC riders will face a fare increase in the New Year.

Last week, the TTC board approved a five-cent fare hike for tokens, and a proportional increase for all passes. The student pass will increase by \$2 to \$108, and the adult pass will increase by \$5.25 to \$133.75. The cost of a cash fare will remain at \$3.

The increase is the first in three years, and TTC communications head Brad Ross said it's a fair increase.

"Everyone has to pay their fair share," Ross said. "The increase is within the rate of inflation."

According to the TTC 2014 operating budget, ridership will increase next year by 2.3 per cent, reaching a total of 540 million passengers.

Ross said the fare increase will help contribute to the increased cost that results from increased ridership.

The city agreed to increase

the TTC's operating subsidy to \$428 million, which goes towards the \$1.6 billion operating budget.

Despite this subsidy increase, Toronto remains the least subsidized transit system in North America. For every ride, the TTC is subsidized 79-cents. By comparison, Montreal receives \$1.16 per ride, Ottawa, \$1.62, and Edmonton \$1.83.

Even with the increase in fares and the increased subsidy from the city, the TTC faces a \$6 million gap in its operating budget.

In order to make up this gap, the TTC will find efficiencies, such as reducing overtime, and finding ways to save fuel costs. The TTC will also continue to seek increased subsidies from municipal, provincial, and federal levels of government.

"All levels of government need to step up," Ross said. "There is only so much we can ask of our customers."

TTC chair Karen Stintz also argued for increased subsidies, and said she would take the matter to city council.

Sierra Lewis, 25, second-year paralegal student, said the TTC fare increases are fair.

"It's not really a big jump," she said, although she pointed out TTC users don't have much of a choice.

"Even if it goes up \$10, we still have to use it," she said.



Kat Shermack

TTC Metropass for students will increase by \$2 to \$108. Adult pass will go to \$133.75.

# Behind Canada's abysmal environmental record

Recent statistics from the Climate Change Performance Index completed yearly by environment policy groups CAN Europe and Germanwatch ranks Canada 58th out of 61 countries in greenhouse gas emission reduction. The only countries ranked below Canada are Saudi Arabia, Kazakhstan and Iran.

The index evaluates the climate protection performance of the countries responsible for 90 per cent of global CO<sub>2</sub> emissions, and Canada's "very poor" ranking doesn't boast well for its intended reduction goals.

At the Copenhagen climate summit in 2009, the country promised to reduce its 2005 CO<sub>2</sub> levels by 17 per cent by 2020. In 2013, we have made it to 4.8 per cent, far behind the halfway goal we should have met.

These global standings may come as a shock to some Canadians, as global warming has been highlighted in the federal government's climate change action plan in recent years. But based on Ottawa's actual level of dedication to tackling environmental initiatives, it's not surprising.

In 2011, Canada pulled out of the Kyoto Protocol. There is no longer any binding force requiring the country to reduce its emissions. The effects of this are clear when we look at our lagging results, and our

mediocre list of reduction goals.

The plans, available on Environment Canada's website, are filled with extensive goals, proclaiming the government's "dedication" to a greener country and identifying the importance for change—without really saying anything substantial. Most of the plan's funding has been dedicated to research, rather than projects. Details of what is actually being done are vague, making the list look more like propaganda rather than legitimate plans for improvement.

The nation has become the laughing stock of the 2013 Climate Change Conference, currently taking place in Warsaw, Poland. Former Irish President Mary Robinson and current climate justice advocate spoke to the CBC about Canada's lack of dedication and inability to look to the future.

"How can Canadians not see that their grandchildren will share the world with nine billion other people (by 2050)? And I have no certainty at all that it will be a livable world," she said.

As Canadians, we dedicate ourselves to peace missions and provide relief aid to our friends who need it. But when it comes to taking control of our environmental footprint, we've wavered—for a long time. Robinson noted this, saying the country's proud development record will be wiped out by

## 2014 Climate Change Performance Index Rank

Moderate	
Germany .....	19
India .....	30
Poor	
Indonesia .....	34
Brazil .....	36
United States.....	43
China .....	46
Very poor	
Japan .....	50
Korea.....	53
Russian Federation .....	56
<b>Canada .....</b>	<b>58</b>

*CCPI ranks reflect total CO<sub>2</sub> emissions and commitment to future emission reduction.*

the climate impacts we are facing.

"We need a forward-looking leadership, and that won't come from Canadian politicians unless it comes from the Canadian people," Robinson said.

Canada's environmental initiatives are moving forward at the will of the people, not those who run the country. Our school is the perfect example of this. Humber College is doing what it can to work towards environmental sustainability and is demonstrating clear

dedication in reducing the school's carbon footprint. Spencer Wood, associate director of facilities management and a member of the school's sustainability committee said Humber is fully dedicated to greenhouse gas reduction, and the results are evident in numbers.

Humber has gone from emitting 13,000 tonnes of CO<sub>2</sub> in 2005 down to 9,700 tonnes in 2012, or a 25 per cent reduction through various energy efficiency projects, Wood said.

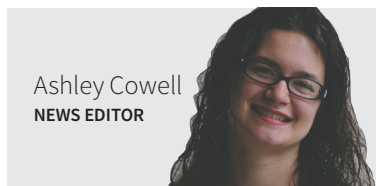
Even with the school's current expansion, including the new Learning Resource Commons building which will be completed in 2016, Wood said the sustainability committee is looking into how they can offset the CO<sub>2</sub> emissions elsewhere.

The work done by Humber and other civic and provincial groups dedicated to fulfilling our reduction standards are great for greenhouse reduction efforts, but they won't put Canada where it needs to be. There needs to be more effort from our country's leadership.

A new Trudeau Foundation survey says that environmental issues are most important to Canadians, ranking climate change as the biggest challenge facing the country—ahead of the economy, healthcare and taxes.

The government should prioritize the environment and get in line with what's important to its people—and the world.

# Younger generation must adopt professionalism



Ashley Cowell  
NEWS EDITOR

After working in a few different retail environments over the past six years, I have noticed a trend within an age demographic that needs a sharp dose of reality.

A couple weeks ago, when I got to work in the late afternoon, I saw my boss had a 20-year old woman ready to interview for a part time position. The woman came for the interview dressed in jeans, sneakers, and had pink streaks through her hair. She didn't come with her resume and she didn't shake the manager's hand upon introduction. No matter how well the interview went, it was obvious that the girl wouldn't get hired.

She didn't. This incident made me think of past co-workers who hadn't followed a dress code. It made me think of those same people who started working with us only to quit a short time later, usually on short notice and in a few cases via text message. Sometimes they just stopped showing up for shifts altogether.

Whatever happened to professionalism, especially in a time when

the youth 'unemployment' is such a big problem in Ontario? There is no denying the problem of joblessness. Just this past September, media reports revealed last year's unemployment rates for Ontarians aged 15 to 24 stood at 16.9 per cent, with Toronto itself at 18.1 per cent. This isn't a case of getting through post-secondary school and being unable to find a job in a field of choice. It is simply a case of young people being unable to find work *anywhere*.

Of course, once startling statistics come out, there are a slew of people looking to explain them. Some have said the government is not doing enough and Ontario responded with a \$300-million plan that will be implemented within the next year.

I will not deny there are obstacles in finding a job. This past spring I was stuck in a rut and ended up losing my part-time job. The hunt for a new job had to start immediately. I was unemployed for a month and a half and in that time sent out 50 resumes, applying for customer service and restaurant positions. Sad to say, I only heard back from three. Yet, from those three, I managed to secure and keep a job.

When it comes down to it, aside from the obstacles, the jobs are out there. Otherwise, a 21-year-old student like myself wouldn't have found one. Through my own experi-

ences I have discovered what is truly lacking, in most instances, is the lack of effort in not only finding a job but keeping that job once it is obtained.

This is the dose of reality: it is time to stop blaming the government or the industry for the lack of employment. Let's step up and do our part in solving this unemployment issue.



No matter how well the interview went, it was obvious that the girl wouldn't get hired. She didn't.

Youth Employment Services offer workshops to assist youth with basic job-finding skills such as resume building, mock interviews and resources to finding employment. This is all essential information and I strongly encourage every person to take some kind of career-readying workshop. There are career centers in high schools and in colleges which can also be helpful. More important, though, is something that cannot necessarily be taught in an afternoon workshop.

The development of a selfless, ready-to-work attitude is essential for every entry-level job. Still being

young means having the energy to deal with these jobs, which can include the manual labour and long shifts that older people shouldn't have to do. The sought-after jobs that include sitting at a desk from nine to five and having weekends off are there for the people older than us who have already worked hard to deserve these luxuries. Rather than fretting about having to work every Saturday night or not getting holidays off, why not work through it and think about how enjoyable it will be to have those weekends off in the future and be grateful to have earned them through hard, dedicated work?

There are lots of jobs out there, especially at this time of the year. It is time to sacrifice those weekends off, trade in street clothes for company dress code and leave casual talk outside in order to create some quality working relationships. While creativity and originality have a place, rules and expectations are set in every workplace and should be followed. As long as they are ethical and legal, there should be no reason to argue against them.

It's time to take the high road and become devoted to the hard working, rule-following lifestyle. Trust me, it really isn't that bad and in the end it is better than being part of a statistic that people see as a burden on society.

## HUMBER Et Cetera

*Humber Et Cetera serves to inform the Humber community and give its readers well rounded coverage on the things that matter to them.*

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# All those white faces on television still not looking like real life

Sara Yonis  
A&E EDITOR



Michael Jackson once famously sang that it doesn't matter if you're *Black or White*—but evidently it still does in TV land. Nearly every show on television is dominated by a Caucasian cast.

TV has always been about the family. It's been about families sitting together, watching TV shows and relating to characters who've grown up in front of our very eyes. But it's hard to relate to the cast if everyone looks the same.

This is not a big surprise, as it's always been that way. The most beloved shows on television have

consisted of an exclusively-Caucasian cast including *Cheers*, *Friends*, *Seinfeld* and *Beverly Hills 90210*. In fact, despite their lack of a diverse cast, no one really seemed to mind.

After the series *Friends* and *Seinfeld* came to an end, they were finally met with some scrutiny. Both shows, which were comedy giants throughout the '90s, were set in New York City. Yet for shows based in NYC, a metropolis hugely known for its diverse population of people from all over the world, neither commonly featured guest stars who weren't Caucasian.

The '90s did have their fair share of successful TV series that focused on African Americans families. *The Fresh Prince of Bel-Air*, *Family Matters* and *The Cosby Show* were all extremely successful television series. But no show is safe from criticism.

*The Cosby Show*, starring comedian Bill Cosby and his fictional upper-class African American family, was met with a lot of flak from black viewers who said the show was an "unrealistic" representation of African American families. Is it fair to say *The Cosby Show* was unrealistic? Most of the criticism came from African Americans who deemed the show "whitewashed," mainly because the cast steered away from typical "poor, broke and black" stigmas that had been prevalent on television for years.

Most of the time when producers receive pressure from the public about the lack of diversity on their shows, they place a 'token' character. You know the type: the quiet and smart Asian, the intimidating 'thug' black guy or the pretty-but-dumb blonde.

Certain television series have pro-

gressed when it comes to casting.

HBO's *The Wire*, a show praised for its realism, was also applauded for having a cast that consisted mostly of African Americans—one of the first serious dramas to have such a thing. Many TV shows have since followed suit.

TV series like *Grey's Anatomy* and *Glee* have casts that include people of various ethnicities. In fact, Shonda Rhimes, the creator of *Grey's Anatomy* and its spinoff *Private Practice*, is one of few show runners who hires African American women in leading roles.

After years of Disney channel series focusing on Caucasian families, they have finally branched out. Raven Symone, star of *That's So Raven* and Selena Gomez, star of *Wizards of Waverly Place*, are the networks' first all-African American and Latin American family shows.

And as of last year, actress Kerry Washington broke some records. Not only was her TV show *Scandal* ABC's biggest hit, but her role as Olivia Pope is considered groundbreaking for television. It was the first time an African American woman stood as the female lead in a network television series in nearly 40 years.

Network television shows have progressed in terms of their casting through efforts to depict the real diversity of the outside world, but they're not fully there yet. Most network hits are still dominated by Caucasian cast members and I really wonder when TV shows will start looking more like real life.

In this day and age, when one of the most powerful countries in the world has an African American president, isn't it time for television networks to catch up?

# Kindle versus print books: Not ready to turn the page on paper

Olivia Roger  
MANAGING EDITOR



With the Christmas season approaching, e-readers seem to top every gift guide. The Kindle and Kobo are the hottest e-readers currently on the market. These devices can store thousands of books, ready to be read at the tap of a finger. Many find this new technology appealing, although it puts other markets at risk.

We can't ignore the tides of the digital era. Movie rentals, DVDs, CDs and now paperback books have felt the wrath of new technologies. Even this very article—which I'd prefer to be published in a newspa-

per—will also have a life online. It'd be foolish and ignorant to assume that modern technology will ever stop progressing forward. Our parents—and their parents—have repeatedly told us that, when they were young, they didn't have these newfangled contraptions called "TV." Are we destined to be the generation to tell our kids that we had these archaic things called "books?"

The question of which is better, books or e-books, results in passionate testimony.

E-readers haven't won the battle just yet, but their dominance of the market seems inevitable when we consider what has happened to the music industry. From records to cassettes to CDs and now with the omnipresence of MP3s, the music industry has been forced to evolve. Books haven't seen much change

since the advent of the printing press, and the tomes before its invention have existed for millennia, even before paper. Only now are books advancing drastically in their shape and form, threatening libraries and bookstores to hastily adapt—or face failure.

Amazon is the frontrunner in the destruction of the printed word. It has already threatened independent bookstores with its heavily stocked online database. It wasn't until it introduced the Kindle in 2007 (having since manufactured five generations of the tablet), that the company officially became known as the number one seller of books in North America.

Big box bookstores have tried to compete with the online marketplace. Indigo, a Canadian company that has threatened its fair share

of smaller independents, is now feeling some serious heat despite buying into the e-book business with the Kobo. Why should anyone leave the comfort of their own home when a new book can be delivered with a single click?

Despite the announcement that the big six publishers (Penguin Group, HarperCollins, Hachette, Random House, Macmillan and Simon & Schuster) have recently agreed to make their electronic content available throughout libraries in North America, libraries remain a service that could face serious staff cuts and facility closures.

E-books and e-readers are a perfect example of convenient technologies trumping job security. The e-reader industry phases out librarians, shop owners, publishers, and illustrators just to name a few.

E-books foreshadow a society where no one owns tangible objects. We are on the verge of living in a paperless society, where even newspapers and magazines have to make themselves available online to sell their product. I can't help but wonder if taking class notes with pen and paper will, one day, simply no longer be done.

A paperless society might derive from our obsession with minimalism. In terms of interior design, we see houses as clean, neat and organized if the shelves and tabletops are bare, and furniture is sparse. Photos are no longer displayed in albums or printed for frames. Movie posters no longer line the walls. Bookshelves are seen to be a waste of perfectly good, empty wall space.

If you have more than 20 books displayed anywhere in your home today, The Learning Channel might brand you a hoarder.

Having hundreds of books displayed proudly on shelves used to convey worldliness, wisdom and intelligence. The more you had, the more cultured you were. They were great conversation pieces as guests mingled in the den. Now, people hide behind their devices as they read *Fifty Shades of Grey* and other embarrassing exploits on the subway.

I wouldn't consider myself to be a traditionalist but I can appreciate possessing a physical copy of a book rather than an unidentifiable piece of plastic. It's saddening that our future generation may never know the words "paperback" and "hardcover." They may never get their books signed by their favorite authors, and they may never see the beautiful illustrations as they were intended.

No matter their weight or size, books are like old friends who deserve a home on any shelf. I'm not ready to turn the page on books just yet.

## QUOTED: Will e-readers render print obsolete?

I don't think so. A lot of people still like print. Humans are very tactile and have a stronger connection with it.



**Aurelia Candeloro, 24**  
Film & Television, 1ST YEAR

Yes, I hope so. Look at all these books I have to carry! It's annoying.



**Sarah Smith, 23**  
Event Planning, 1ST YEAR

I think, eventually, yes. You have to move with technology. People don't even read books anymore. They look for specific information, and that's what they get. Not any context. Younger generations are born with these toys attached.



**Brian Steed, 53**  
Business, 1ST YEAR

Have your say on our poll this week, at [humberetc.com](http://humberetc.com)





# YouTube replacing television as go-to entertainment platform

Amy Stubbs  
CREATIVE DIRECTOR



Growing up, we only had three channels on our television—four, if we were lucky, and if we moved the coat hanger bunny ears into just the right position. The coolest kids were the ones who had a satellite dish. But we still only had one chance to catch the latest episode of our favourite television show, and if we missed it, we would just have to try and fill in the blanks.

It's normal for students and young adults to forgo paying outrageous fees to have cable television, and it is polite Twitter etiquette to not discuss a television show without first issuing a spoiler alert. Viewing programs on television is no longer the norm; how we receive our entertainment and what we consider programming are starting to change.

The internet has killed television. And we're okay with that.

When shows first began

streaming on the internet, panicked networks cried copyright infringement, but creators have since adapted to the new way we choose to watch our programming, and it has allowed millions of new creators to blossom unrestrictedly on YouTube.

When Google bought YouTube for US\$1.65 billion in 2006, everyone wondered why a company would invest so much in a website more likely to cost them money in legal fees than turn a profit.

When the deal was announced, Eric Schmidt, Google's chief executive officer told the Associated Press "this is the next step in the evolution of the internet."

Unsurprisingly, Google is smarter than us. Each month, over one billion individuals view content globally on YouTube. The website now has more American viewers than any cable network in the coveted 18 to 34 demographic, according to the Nielsen Co. Many YouTube content providers have earned six figure profits for their work. Some of the most popular channels have even made millions.

The definition of a channel has

changed, and subscribing comes freely with the click of a button.

These creators have now become celebrities, with followings comparable to the actors and actresses from the most popular network and cable television programming. YouTube star Jenna Marbles has more than three million Twitter followers and over 11 million subscribers to her channel. Ryan Higa has 10.7 million subscribers on YouTube and nearly 1.2 million followers on Twitter. Kaley Cuoco of *The Big Bang Theory* fame has something just shy of 1.7 million Twitter followers. As the stars of AMC's cult favourite *Breaking Bad*, possibly the most popular cable show ever, Bryan Cranston has just over one million fans on Twitter and his co-star Aaron Paul is pushing close to 1.5 million.

Festivals now honour these YouTube sensations, and pandemonium ensues when fans are given the chance to line up for hours to shake hands, take a picture, get an autograph, or just to spend mere seconds with their idols—idols who produce content from the comforts of their own home.

Not only does this cut down on



Unsurprisingly, Google is smarter than us. Each month, over one billion individuals view content globally on YouTube.

production costs, but it also allows viewers to become so connected with the lives of these YouTubers that they feel as if they are actually friends or part of the family. YouTube's favourite family, the SHAYTARDS, have had 1.4 million views on a video of the birth of their fifth child last month. In September, daily vlogger Charles Trippy of CTFxC underwent brain surgery, not only while awake, but also while documenting the whole uncensored procedure. Viewers follow these people as intensely as they did the plot of *Breaking Bad*, discussing the events of real lives after viewing. It's like reality television, only actually real.

Companies and advertisers are recognizing the power of YouTube. Small and big businesses alike are paying to run the commercials in

pre-roll, which allow the creators to profit from uploading their daily lives and thoughts to the internet. Not only that but more and more companies are offering brand deals to YouTubers.

Viral stars are now being approached by companies to test their products and promote them to their fan-base. Ford Motor Co. has given several YouTubers, including Grace Helbig of *Daily Grace*, Ford *Fiestas* for the year to drive and complete monthly missions in video form. The SHAYTARDS regularly receive brand endorsements, which they openly discuss, including recently: Hot Wheels, Windex and Kia. They make their own version of full production video advertisements in addition to talking about the products in their daily vlogs.

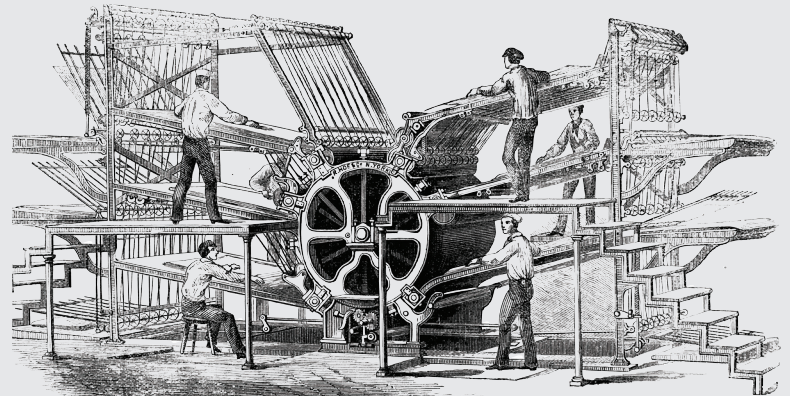
YouTube shows are evolving closer and closer to the "real thing." With unlimited content popping up daily, all genres are covered.

For these stars, YouTube isn't the stepping-stone to television but rather where they want to stay—and with the freedom and control over their own creative content, who can blame them?

## The Printing Press

The Printing Press is intended as an opportunity for the Et Cetera team to share and explicate our process as new journalists, where we can offer transparency and introspection into what we do here in the Humber North campus newsroom. In this weekly column, you'll find a wide range of anecdotes, analysis and criticism of journalism as a whole.

Paul Rocca, Opinion Editor



## HARO: Rigors of fact-checking diminished by online service

Adam Kozak  
SENIOR REPORTER



If you use 10 units of energy for a task that requires five, you're a doofus. You're wasting your time. And if you're a lazy journalist, that's exactly how you feel most of the time fact-checking.

Lazy journalists think like this: most reporters do a good job. Names are spelled right, job descriptions are accurate, and numbers usually check out. So when I take time to verify all these little factoids, and find that these come back pure, I can't help but wish I instead went bowling. Bowling makes me happy.

This hazy thinking is akin to guards without armour protecting a country's treasure. Journalism aims to report facts to tell stories that are meaningful. Whether a story does that is dependant on the truth it pur-

ports. News that's fabricated doesn't just spread lies—it also weakens its own ability to be trusted in the future, and rightly so. It damages the integrity of journalism, which makes Help A Reporter Out (HARO), a service that links up journalists with sources, so dangerous. Thankfully, there's Ryan Holiday.

In promoting his book *Trust Me I'm Lying: Confessions of a Media Manipulator*, author Ryan Holiday used HARO, which claims to offer journalists credible sources and experts, but really just finds people who want to be quoted and are often promoting themselves in some way. Reporters pay to use the service, and anyone can sign up as a credited source.

As an experiment to show just how gullible journalists can be, Holiday pretended to be an insomniac, a vinyl collector, and even a boating expert—all of which he wasn't—in order to dupe reporters into using him as an expert in their stories.

What happened next was balder-

dash.

What should have happened was some simple fact-checking by the reporters; if they had googled his name they would've found that he is actually promoting his book on manipulating media, and balked at the source.

Instead his name was printed in such fine publications as *The New York Times*, among others.

To call these journalists unprofessional, lazy and incompetent is bullseye-accurate. But calling them names and denouncing their personal flaws is missing the point.

At the root of the problem are the news organizations that allow reporters to use this service. Despite being duped, *The New York Times*, CBS, and ABC News still allow their journalists to use this easily-exploited service.

HARO has design flaws that allow it to be exploited through imitation or through PR seeping its way into journalism. When anyone can sign up and moonlight as an expert on anything without

a verification process, this leaves folks the juicy option of promoting their own agendas and generating free press.

Part of the incentive HARO uses to get sign-ups is by offering free publicity for whatever they wish to promote. But this flies in the face of what makes a credible source credible. Helping journalists out with an interview is about contributing to the public discourse, informing people, or adding genuine context to complicated stories. It's not another way to make money. It's about credibility. With HARO, that credibility can be faked within 10 minutes via a sign-up form.

It's a given that people who are selling a product or service want to make as much money as possible. If you're an aggressive business person, you'll stretch the name of "expert" to pretend to be all kinds of things. There ought to be no blame for this—that's business. We can't expect selfless virtue from pure profit-seekers. If you're selling a motivational CD, you'll also say

you're a counsellor, a life coach, or have a relevant view on anti-depressants. It makes sense; you're selling whatever you can, and as much as you can.

Journalists can call such people out on their exaggeration, but the only gatekeepers of facts for journalists are journalists themselves; hence, fact-checking. Many journalists get paid per word or per story, and because journalists need to eat too, sources don't have to be stone-cold, and the incentives in play clearly point to blending public relations and journalism. HARO is contributing to the degradation of journalism.

Journalists may have missed the easiest fact-check in the world, and the only reason is because they assumed HARO met the professional standard of journalism. Now that it's clear that it doesn't, journalists everywhere need to revert back to good old fact-checking, while personally banning the service for themselves, whether the news company they work for allows it or not.



Jessica Richard

Students especially need to balance all of life's aspects, according to counsellor Andrew Tibbetts.

## Overuse of electronics can cause anxiety

Continued from page 1

"You need a balanced life, and spending hours and hours on social media can limit your ability to do other things you need to do," said Tibbetts.

Overuse of social media can also cause depression and anxiety. Looking constantly at the lives of other people on social media can make a person feel as though their life is boring in comparison.

"Everyone puts pictures of their vacations up, always happy stuff, never pictures of them just sitting at a computer, so it can make you feel like you are a loser just sitting at home while everyone else is doing all this amazing stuff," said Tibbetts.

Nicole Waskul, a Justice Studies student at University of Guelph-Humber said that she deleted her Facebook account for a few months last year and it made her feel great.

"I kind of felt a sense of relief in a sense, like a weight lifted off of my shoulders," said Waskul, adding it's important to limit the use of technology.

"Too much can be really stressful for your health," said Waskul. "I find using it too much raises my anxiety as I always have something to text, something to do."

Tibbetts said there are a few tips students should consider doing if they want to disconnect away from the world of smartphones and computers.

"Get in the habit of turning your phone off when you are not available for messages; know that you have the right to turn it off," said Tibbetts. "If you are going out to lunch with a friend, turn your damn phone off. If you are in class, turn your phone off and listen to your professor."

He also advises that students do not end their day on social media, as it can cause them to not be well rested for the next day of school.

# Eating disorders in young men rise

Fast results, quick fixes to body image issues fuel obsession of male youths

Chantilly Post  
LIFE REPORTER

Researchers are noticing a trend in which young males go to extremes to improve their bodies.

According to The National Eating Disorder Information Center, four per cent of male youth in Grades 9 and 10 have used anabolic steroids. This can illustrate that young men can be obsessed with their body image as much as women.



"[They] want a quick fix to a complex problem, in the case of using protein supplements or vitamin supplements.

Tracie Sindrey,  
HUMBER'S REGISTERED DIETICIAN

"Ten per cent of men struggle with an eating disorder," said Humber psychologist Sonja Embree. Embree said men's eating disorders differ from women's, because they are more likely to be ashamed of having them.

"[They] want a quick fix to a complex problem," said Humber's registered dietician Tracie Sindrey,



Thomas Rohner

Body image obsession tends to stem from issues such as low self esteem. A estimated 10 to 15 per cent of people with bulimia or anorexia are male.

"in the case of using protein supplements or vitamin supplements."

Studies show that those who use supplements are also more prone to use drugs and binge drink compared to their peers.

Sindrey suggests young men are using substance abuse to fix issues such as depression or stress in the same way they are using supplements on their bodies.

Nnamdi Nwajel, 19 a second-year electro-mechanical engineering student at Humber, said men become obsessed with sculpt-

ing their bodies when they see fast physical results.

"If you're looking at yourself in the mirror and you're getting bigger and getting more toned, you are going to work out more," said Nwajel.

Nwajel said that men naturally eat more than women, which poses the issue to work harder towards achieving their 'ideal' body.

Embree said body image expectations "all go back to core issues around self esteem, acceptance and love. Ultimately that can only come from one's self."

## SYMPTOMS OF AN EATING DISORDER

### ANOREXIA/BULIMIA

- Adament refusal of food
- Obsessive counting of calories
- Frequent vomiting after meals
- Intense fear of gaining weight
- Distorted body image

### COMPULSIVE OVEREATING/BINGE EATING DISORDER

- Fear of eating around others
- Hiding food in secret places from loved ones
- Weight fluctuations
- Weight/body shape concern

## Charity helps collect diapers for new moms

An estimated one in five Canadian moms have experienced shortage

Dilara Kurtaran  
LIFE REPORTER

Since The Diaper Bank became a registered charity last August, the organization has been looking for help from the public.

The bank was created to help collect donated diapers and cash donations to buy supplies which are distributed free-of-charge to low-income households in Toronto through food banks, daycare centres, social service agencies and shelters.

"We would love any support," said Dale McIntosh, one of the founders of the Diaper Bank charity.

Humber students can help can help by fundraising and having a diaper drive at the campus and once it's over people from the charity can pick them up. McIntosh said they also have posters that the students can print out from Diaperbank.ca.

"If we knew more about the charity we would bring it forward to our

Early Childhood Council and they would make a decision because they meet every once a month and they decide what charities they want to work on," said Pina Leo, Humber early childhood education field advisor.

"Many people have offered to host diaper drives and this is a successful way to spread the message and offer an alternative to a food drive - a great way for workers, students, daycares, moms' groups, bridge clubs, neighbourhoods and churches to give back," said McIntosh.

According to Diaperbank.ca, the first drive in 2010 collected more than 15,000 diapers, and the bank has been growing ever since.

"There are a lot of parents out there that don't have necessary funds, so it's a great idea," said Miranda Oostrom, a first-year early childhood education student.

For more information on the charity, visit <http://www.diaperbank.ca/tdb/Home.html>



## TO THE NINES

**Michael McArthur**

GUELPH-HUMBER BUSINESS ADMINISTRATION  
3RD YEAR

**Who is your style icon?**

George Clooney

**Favourite piece of clothing?**  
Jeans

**Your reason for wearing a suit to school today?**

It's for a presentation I am having in one of my business classes today.



# My Dear Dilemma brings 'progressive feel' to new EP

Humber student band combines hardcore metal with emo and punk rock

Marielle Torrefranca  
A&E REPORTER

My Dear Dilemma, a hardcore metal band from Brampton, has a new EP due for release in early 2014.

The currently untitled EP will be a follow-up to the five-piece band's debut EP, *A Hole in the Ice*, which was released in April.

The band's sound is a mix of varying genres consisting of fast-paced punk rock, emo-core and hardcore party metal, said Martin Hau Paredes, 20, a first-year creative advertising student at Humber.

"On *A Hole in the Ice*, we revolved around chorus-based songs," said vocalist Ian Archer, 21, a Humber second-year hospitality management student, "Now we're doing more of a progressive feel."

Paredes, the band's newest member and bassist, said the band is gearing

towards a different sound this time.

"It seems like the whole tone has completely changed . . . to a more relatable, melodic understanding of this music," he said.

Producer Michael Evola, 19, described the debut record's sound as melodic hardcore with metal influences. Evola will also be working with My Dear Dilemma for the upcoming EP release.

The band will be holding a fundraising show in January to help crowdfund the new album. They plan to schedule small shows in the area leading up to its official EP release event.

My Dear Dilemma recently wrapped up a string of southern Ontario shows in the fall. The band played alongside notable names in Canadian metal such as Abandon All Ships, Cardinals Pride, Constellations and Partycat.

"They [the shows] were the best and worst things we've ever done," said guitarist Cole Schirk, 19, a former Humber student who now attends Metalworks Institute. "Being in a van for a weekend with a bunch of sweaty guys and [going for drinks] . . . it was kind of fun."

"You don't know what your friends smell like until you tour with them," said guitarist Eddie Dwyer, 20, a graduate of Humber's culinary arts program.

From taking bets on who can go the longest without showering, to playing guitar in a cow costume while standing on the bar, the band has no shortage of wild stories.

"They're all goofs, so it makes [working with them] enjoyable," said Evola, "but they know when to shut up and get to work . . . They had responsible moments when they needed to be."



Courtesy Eric Czornobrywyj

My Dear Dilemma, a metal hardcore band from Brampton, Ont., plans to release their next EP in early 2014. Musicians say their sound is changing.

# Graffiti Wishes is street art in pub

Fundraiser for Children's Wish Foundation at LinX

Jessica Richard  
LIFE REPORTER

A group of Humber's event-planning students are hosting a Graffiti pub night at the LinX Lounge this Wednesday at 10 p.m. to raise money for the Children's Wish Foundation of Canada.

Students in the second year of the program are required to plan and execute an event, which raises funds for the Wish Foundation, which gives children with life-threatening illness opportunities like a visit with family members to Disney World.

One event that students developed was Graffiti Wishes, where students will be given markers and told to wear white t-shirts to draw graffiti on each other.

Rebecca Cotter, an instructor for Humber's event-planning program, said there are eight groups of students each planning and executing events. All of them raise money for the Children's Wish Foundation.

Algonquin College in Ottawa is also working with the foundation. According to Cotter they have made a commitment to raise \$1-million for the Children's Wish Foundation.

"I thought it would be something that Humber could give them a run for their money, in terms of setting a standard for our students to match what else is going on in the community, and to also join forces and support the same cause," said Cotter.

Rhonda Brown is the volunteer

coordinator for the Children's Wish Foundation. She said the charity exists to make children smile when they need to the most.

"The foundation provides children with life threatening illnesses between the ages of three and 17 with their lifelong wish," said Brown.

Brown also said since the foundation is 100 per cent donor funded, it means a great deal to them to have the efforts of donors like the student groups at Humber.

"It is crucial to our success to have long term relationships with donors, in order to continue our mission of being able to grant wishes," said Brown.

According to Brown, each wish costs an average of \$10,000. Children's Wish has granted over 20,000 wishes to Canadian children since 1984, and currently has over 600 wishes pending.

A week and a half before the event, Mae McGlynn, one of the organizers for Graffiti Wishes, said "as of now we have surpassed our goal of \$1,200 and have raised \$1,448. We would like to continue to see that number grow to bring us one step closer to granting a wish."

They have raised the money through bake sales, selling advanced tickets, fundraising individually and collecting online donations. They will be raising more money at the event through a \$5 cover charge and a 50/50 draw.



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**Keynote Speaker:**

Rachel Gorman, PhD, Assistant Professor,  
Graduate Program in Critical Disability Studies, York University

**Keynote objectives:**

- I. Address ways in which the Humber community can work towards creating an inclusive and accessible space for people with disabilities.
- II. Identify existing and potential barriers to accessibility and inclusion at Humber and in the broader post-secondary environment.

Performances by: Spoken word artists Izzy Mackenzie Lay & Kayla Carter; Master Drummer, Muhtadi Thomas

For accessibility or other information, contact:

Stephanie Latty, AODA Coordinator at 416.675.6622 ext. 5647 or [Stephanie.latty@humber.ca](mailto:Stephanie.latty@humber.ca)

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SUSTAINABILITY INNOVATION

[hrs.humber.ca/diversity](http://hrs.humber.ca/diversity)

This document is available in an alternate format upon request

## - TORONTO EVENTS THIS WEEK -

TODAY	25	TUESDAY	26	WEDNESDAY	27	THURSDAY	28	FRIDAY	29	SATURDAY	30	SUNDAY	1
<b>Fall Showcase</b>		<b>Centre Stage</b>		<b>The Great Upheaval</b>		<b>Brazil Film Fest</b>		<b>Art of Time</b>		<b>Film Fatale</b>		<b>Sultans of String</b>	
U of T's studio students present their paintings, photography and performance art, at the Scarborough campus gallery.		The Canadian Opera Company showcases new opera talent in a Gala competition at the Four Seasons Centre for the Performing Arts.		The AGO is showcasing over 70 pieces from the Guggenheim collection in New York, all from the period of the First World War.		The 7th annual film festival presents four days the best of the new wave of Brazilian cinema at the TIFF Bell Lightbox.		Canadian musicians reinvent the Beatles' famous <i>Sergeant Pepper's</i> with new pop and jazz arrangements at Koerner Hall.		Toronto Film Noir Syndicate presents <i>Human Desire</i> at Dominion on Queen. Tickets are \$5 at the door.		The Canadian Folk Music award-winning group performs with the Cathedral Bluffs Symphony Orchestra at Koerner Hall.	

## Short story writers Tsabari, Fantetti coming

Shai Williamson  
A&E REPORTER

Humber's Writing Centre will be hosting a book club today at the North campus, featuring the short stories of Canadian authors Ayelet Tsabari and Eufemia Fantetti, who will be in attendance.

Doors are open to students and community members whether they have read the books or not, explains Kathleen Moritz, co-president of the Writing Centre's fall book club.

"We have a general discussion about the books, a period

when the authors can answer our questions, and we have a time when the authors can read a part of their book to us."

Tsabari, author of *The Best Place on Earth*, a collection of short stories that came out earlier this year, said this is the first time that she is going to be attending a book club featuring her work.

"I think people don't know that they can invite the authors," said Tsabari, who used to work in the Writing Centre a few years ago, when they brought in author Camilla Gibb.

*The Best Place on Earth* con-

tains short stories mostly set in Israel that have a strong focus on domestic stories about people's lives, relationships and love.

Tsabari encourages those who have not read the book to attend as well.

"Sometimes from the reading and the discussion people can learn a lot . . . it's also having a discussion about writing and publishing, non-fiction and fiction," said Tsabari.

Fantetti is the author of *A Recipe for Disaster and Other Unlikely Tales of Love*, a collection of short stories that launched last week.

... there's so many of them [book clubs] and they're really about community. You might hear something that strikes a chord with you."

Eufemia Fantetti  
AUTHOR

Like Tsabari, this will be the first time that Fantetti is attending a book club to discuss her own work.

"I've participated in the Humber book club before as an

organizer," said Fantetti.

Describing her new book, she said, "It's a collection of short fiction stories filled with yearning desire, about love, food and relationships.

"My personal feeling about book clubs is that there's so many of them and they're really about community. You might hear something that strikes a chord with you."

If someone wants to attend a book club, Fantetti recommends a quick Google search to find exactly what to look for.

The book club will run from noon to 2 p.m.

## Indonesian dance at international week

Tiara Samosir  
A&E REPORTER

Humber College closed its celebration of International Education Week last week with a traditional Indonesian dance, performed by an all-Indonesian student dance group, at the North campus Student Centre last Thursday.

This was the first year Indonesian students, including this reporter, have taken part in the event.

"I'm so honored to be a part of the International Education Week," said Laurentia Komala, 23, a second-year culinary management student at Humber who was part of the dance team. "It's such a good opportunity to share the knowledge of Indonesia's culture."

The students, who are part of the Toronto-based Indonesian arts community Godhong Maple, debuted a traditional dance called Saman at this year's event.

Known as the dance of a thousand hands, Saman is originally from Aceh province, which was at the centre of the 2004 tsunami which devastated the region. In 2011, United Nations Educational, Scientific and Cultural Organization officially announced Saman dance as an "intangible element of world cultural heritage" that needs urgent protection. In 2012, the ASEAN Tourism Association named Saman dance as the best ASEAN cultural



Fawzi Bhakti Prestama Andhika

Traditional saman dance performed with members of Indonesian community group Godhong Maple at Humber North campus Student Centre.

preservation effort at the 25th ASEAN-ANTA Awards for Excellence.

The Saman dancers from Godhong Maple are all students. Some of them are studying at Humber, some attend Ryerson University and some are still in secondary school, with nine performers in total.

Matthew Keefe, international student advisor, said this was the fourth time Humber actively celebrated International Education Week.

"It [International Education Week] gives some insight into the types of cultures that are here at Humber," Keefe said. "It also opens their eyes to maybe furthering their education overseas or in a different country."

For Georges Vanier Secondary student, Hana Amin, the event at Humber was her first time perform-

ing the Saman dance at a Canadian school event.

The 18-year-old dancer said it was a great opportunity for Indonesia to finally participate in a Humber event. She said she believes seeing performances from other countries can broaden people's knowledge about cultures from around the world.

"We can promote our culture and we perform in front of people who don't know about Indonesian culture," she said. "They can acknowledge the cultural richness of other countries and how interesting it is."

Komala said she hopes more countries join the event. "Every country should get a booth, so everyone can learn more about the world's cultures in a visual way."



Alessandra Micielei

International Education Week included a Chinese celebration.

# HOROSCOPES by Lady F is for Nasty & Oracle T

## LOVE: WHO'S THINKING ABOUT YOU? HINT: NOT US EDITION



### SAGITTARIUS

NOV. 22 - DEC. 20

Your sense of adventure draws a lot of attention from boring folks. If you indulge them, you'll become as boring as them.



### CAPRICORN

DEC. 21 - JAN. 19

Your organized life attracts the crazies. But you've got control issues, so give them a try.



### AQUARIUS

JAN. 20 - FEB. 19

No one is thinking about you. But don't lose hope. Check back in next week's edition.



### PISCES

FEB. 20 - MAR. 20

You're a last resort, a back-up plan. But don't take it too hard. At least you're not Aquarius..



### ARIES

MAR. 21 - APR. 20

People with bad B.O. are thinking about you. But just because the smelly brick road leads to you, doesn't mean you can stop showering.



### TAURUS

APR. 21 - MAY 20

People are attracted to your nurturing personality. You can often be found in the kitchen, cooking up some love. Feed them love, but trim the fat.



### GEMINI

MAY 21 - JUN. 20

People with foot fetishes are thinking about you. But if you're not careful, they'll walk all over you.



### CANCER

JUN. 21 - JUL. 22

You're never hard to find, and that's just what has the laziest thinking about you. Stay where you are, and they will come. Or, run like hell.



### LEO

JUL. 23 - AUG. 22

Your selfless nature invites the selfish. Mix things up, try the receiving end.



### VIRGO

AUG. 23 - SEPT. 21

Curious people are thinking about you because you're mysterious. But curiosity killed the cat. Don't kill the cat. Keep up the mystery.



### LIBRA

SEPT. 22 - OCT. 22

Dog lovers are thinking about you because you always have a faint scent of sausage about you. Stop going to the deli for lunch, or invest in some dog toys.

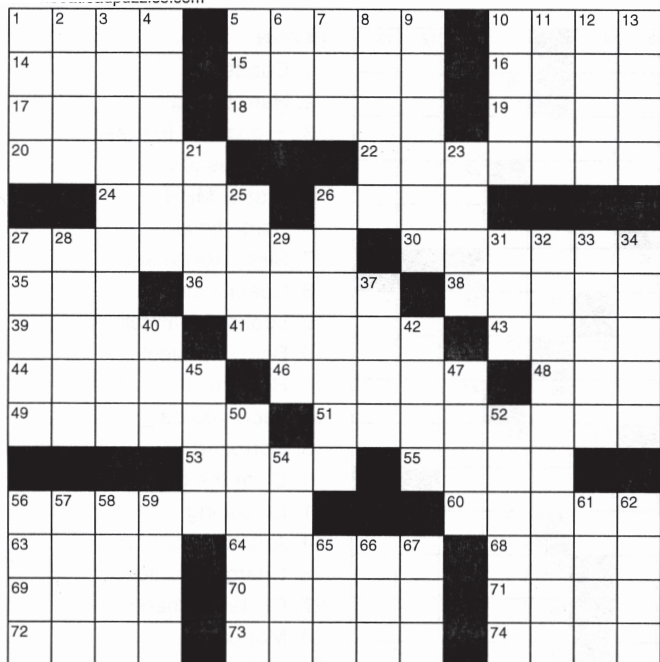


### SCORPIO

OCT. 23 - NOV. 21

You're always playing hard to get, and everybody's paying attention. Even the laziest couch potato wants in on the chase. Play it cool and take your pick.

## CROSSWORD BY BOATLOADPUZZLES.COM



### DOWN

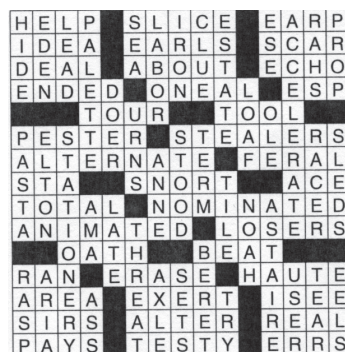
1. Mama's spouse
2. Operator
3. Enrolled
4. TV pooch
5. Hotel units (abbr.)
6. Conger
7. Uproar
8. Duplicate
9. African desert
10. Vanished
11. Copycat
12. Alike
13. Walk heavily
21. Miscalculates
23. Salon treatment
25. Break sharply
26. Appease
27. Old hat
28. Coral island
29. Matured
31. Lid
32. Lingering flavor
33. Actress \_\_\_\_ Keaton
34. Comforted
37. Moniker
40. Kickoff gadget
42. Poetic contraction
45. Recipe measures (abbr.)
47. Amtrak depots (abbr.)
50. Contaminates
52. Join the army
54. Blinding light
56. Unfasten
57. Shore bird
58. Clapton or Idle
59. Informal denial
61. Approach
62. Microbe
65. Movers' vehicle
66. Radio spots
67. Grant's opponent

### ACROSS

1. Knitting stitch
5. Peruses
10. Pant
14. Drifting
15. Radio and newspapers, e.g.
16. Semiprecious stone
17. Wooden pins
18. Laziness
19. Fictional clownfish
20. Stand up
22. Narrowed gradually
24. Knights
26. Tiny opening
27. Fatherly
30. Video game room
35. Feasted
36. Astronomer Carl \_\_\_\_
38. "The Godfather" organization
39. Arrange
41. Praline nut
43. Sch. groups
44. Frozen rain
46. Noblewomen
48. Wind dir.
49. Most senior
51. Wobbled
53. Knight's assistant
55. Talk wildly
56. Tool
60. Informal speech
63. Roman tyrant
64. Nautical
68. Understood! (2 wds.)
69. Plumbing problem
70. Vocation
71. "A \_\_\_\_ Is Born"
72. Previously
73. Sight or smell
74. Semester

## ANSWERS

### Previous issue



5	8	9	4	2	6	3	7	1
6	2	1	9	3	7	5	8	4
4	3	7	1	8	5	2	9	6
1	5	4	6	7	8	9	3	2
2	7	6	5	9	3	4	1	8
3	9	8	2	1	4	7	6	5
8	1	5	3	4	9	6	2	7
7	4	3	8	6	2	1	5	9
9	6	2	7	5	1	8	4	3

Find the answers to this week's puzzles in the next issue or visit [humberetc.com/games](http://humberetc.com/games) or scan the QR code!



## SUDOKU BY SUDOKU.NAME

		6	5		7			1
7	2		6					3
	9				1	8		6
4	1				9	3		
		3		4		6		
		9	8		2		4	5
1		7	4				3	
9					3		6	4
3			9		6	5		

#498

[www.sudoku.name](http://www.sudoku.name)

# FIFTH ANNUAL FITNESS OLYMPICS



George Halim

Humber students taking part in the Fitness Olympics, which ran from 11 a.m. to 2 p.m. on Nov. 21, in the Humber North gym.



## Athletic director Doug Fox created 35 year win streak

Humber sports head retires as legendary leader, Hawks' biggest fan

Jamie-Lyn Baggs  
SPORTS REPORTER

Doug Fox will always be remembered as a passionate coach, a friend whose office door was always open, a boss with immense integrity, a mentor with honest advice and Humber's biggest fan on the sidelines.

The legendary athletic director, who gave 35 years of service to Humber Athletics, and was part of countless successes, retired this past summer.

Fox started his career at Humber in 1978 when he accepted the head coaching position for the men's basketball team. He was offered the job based on his past experience with the University of Toronto's basketball program.

In 1979 he was hired on full time to oversee Humber's Athletics Department. He would go on to become the most recognized, successful athletic director in the country. In his time at Humber he grew the varsity program

from five teams to 20, and they rarely disappointed.

His teams broke almost every team and individual record. The 2011/2012 season was the most memorable for Fox. He had 18 teams competing in the OCAA, and all 18 won team and individual provincial gold medals. In his last year as athletic director, Fox's teams won 13 team and individual provincial golds and three CCAA national titles.

Fox was always at games, cheering the Hawks on,

"Doug was a support system my whole five years of school," said Humber alumnus Aycha Hamaoui. On or off the court Doug always went above and beyond for me. He never missed a single game during my basketball career at Humber... Doug always pushed me to be better."

Fox won't only be missed at Humber, but throughout the OCAA, where he was president for a time, as well as CCAA president.

"His passion goes across

all aspects of athletics- it just doesn't reside within varsity," said manager of athletics and long time colleague and friend, Jim Bialek.

Keyla Moreno, now an assistant with the women's soccer team, got to know Fox well over her five years at Humber.

"He will obviously be remembered for the dynasty of winning he built, but even more than that, I think he will be remembered for the personal relationships he built along the way," said Moreno. "A lot of who I am I owe to him."

This year Fox will automatically be inducted into the Humber varsity hall of fame, and will have his banner raised in the gym, among all the other athletes and coaches who have made exceptional contributions to the athletics department. This past month Fox was also inducted into the Etobicoke Sports Hall of Fame for his contributions to sports and the community as a whole.

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# Buzzer beater sinks Hawks on road

Earl Abalajon  
NEWS REPORTER

Humber's men's basketball team battled hard all game on the road at Sheridan College, but came up just short in the final seconds, losing 73-72.

The Bruins just barely defended top spot in the West division, remaining undefeated at 7-0 thanks to a three point bank-shot made by guard Trevor Williams with 0.2 seconds left in the game.

"It's overwhelming," said Sheridan guard Dylan Periana after the win. "You don't think anymore, you just act, so everyone was just running around the court and it was fun."

Many Sheridan fans ran onto the court after Williams' shot, and after the crowd was escorted back to the stands, Humber ran an inbound play for forward Greg Edelsward, who managed to get a shot off as time expired, but couldn't connect.

"The fact that we battled our way back to put us up with one minute left in the game... that's exactly where we wanted to put ourselves," said Edelsward, a 21-year-old fifth year marketing management post-grad student, who

made a clutch fade away shot to put the Hawks up 72-70 with 30 seconds left in the game.

"If we're going to lose on a rainbow three bank-shot with zero seconds left, I mean, we'll live with that."

Going into the half, Humber was down 39-27, only scoring eight points in the second quarter.

The Hawks were able to outscore the Bruins 18-15 in the third and took that momentum into a determined fourth quarter performance.

Humber hit three straight three's to open the fourth quarter, cutting their deficit to 56-54, the closest they'd been since mid-way through the first quarter.

The Bruins recovered though, and after trading baskets with Humber, went on a 5-0 run to bring the lead back to double digits.

Edelsward stepped up, scoring nine of his team-high 14 points in the fourth quarter and again Humber closed the gap.

After tying the game on two free throws, Edelsward's fade-away jumper seemed to seal the comeback victory. Then he was called for travelling after grabbing an



Earl Abalajon

R.J. Ramirez blows past the Sheridan defence during a hard-fought game in which the Hawks lost in the final seconds.

offensive rebound, which led to the ensuing game winning play by Sheridan.

"They made some brilliant plays in the second half, and we made some boneheaded plays largely due to their defense, so give them full credit," said Sheridan head coach

Jim Flack. "Humber probably should have won the game... and I think quite frankly that Humber out-coached us tonight, and out-played us."

The Sheridan Bruins have beat their previous opponents by an average of 25 points, and Humber was, by far, the

closest any team has gotten to defeating the reigning OCAA provincial champions this season.

"They're number one in the country for a reason," said Hawk's head coach Shawn Collins. "I thought we came close to taking it... we move

on, and we won't dwell on it, because Saturday is a big game against Mohawk."

Humber went on to face the 2011-2012 OCAA champions Mohawk College in Hamilton this past Saturday. They'll return home on Wednesday to host Redeemer College.

## Men, women are victorious again

Hannah Hollingsworth  
LIFE REPORTER

Humber's men's and women's volleyball teams dominated at Sheridan College on Nov. 16, as both squads recorded comfortable victories.

The women demonstrated strong ball control over the Bruins from start to finish, winning in straight sets, 25-16, 25-13 and 25-17.

"Sheridan's not traditionally a strong team," said Chris Wilkins, head coach of the women's squad. "We're a strong defensive team."

Although the Hawks have five players out due to injuries, Wilkins said it has worked to other players' advantage because everyone has gotten a chance with the ball.

Jessica Turlainski, 21, a first-year media communications student and setter for the Hawks, said the team had many opportunities to score, and took them.

"Our height definitely worked to our advantage," she said.

Turlainski had a strong performance with 13 assists, the most in the game.

The men had some work to do in their match, after dropping an even first set to the Bruins, 27-25.

Dave McAllistor, men's coach for Sheridan, said Humber would definitely provide strong competition this season.

"There are players I coached in high school that are playing against us," he said.

McAllistor's former players include Trevor Wong and Andre Brown. Both were key offensive players in the match.

The Hawks recovered from the early setback, winning the second set 25-17. They never looked back from there, taking the third and fourth sets 25-19 and 25-18 to complete the comeback win.

Wayne Wilkins, men's coach, said the number of quality players on Humber's team gave them the edge over



Hannah Hollingsworth

Carley Uden (right) sets the ball in Humber's straight-set win.

Sheridan.

"We have a lot of depth as a team," Wilkins said. "Many of our players could be starters on any team, even the ones on the bench."

The Wilkins brothers took their squads on the road to battle St. Clair College yesterday afternoon. They'll return home this Saturday to face Cambrian College.

## Indoor beach volleyball event a student blast

Jordan Finkelstein  
SPORTS REPORTER

Humber full-time students and varsity athletes will soon be able to sign up for a night of indoor beach volleyball at Beach Blast in Toronto.

Humber Athletics' recreation department will be organizing the event, which will take place sometime in winter 2014. It is planned for a weekend next semester, depending on the number of people who sign up.

Beach Blast is a facility with seven sand sport courts. It's popular for being host to many volleyball leagues and tournaments, as well as private parties and pick-up games. It also has a snack shop and a licensed bar.

Josh Gluskin, the tournaments and special events manager at Beach Blast, said students can sign up for organized tournaments all year long.

"You can sign-up with a group of friends, make a team and start competing in a league," said Gluskin.

"We're also now running a late-night event called Over The Top, every Friday. It's pickup beach volleyball, and students get \$5 off the standard fee, which ranges between \$12 and \$17."

The night at Beach Blast will include any required volleyball gear, such as balls and chalk. There will be a pizza party later on and a shuttle bus provided, to and from the event. There will be two hours of court time, in which students can participate in a variety of sand sports, including volleyball and beach dodgeball.

"Playing against my friends from school would definitely make attending class with them a lot more fun," said Mitch Cohen, 20, a first-year media communications student at Humber. "I'm going to be one of the first people to sign up."

Registration begins on Jan. 6, and there are 24 spots available. The date of the event is still to be announced. For more information, call 416 907-6552.

## – HAWKS SCOREBOARD –

MEN'S RUGBY	WOMEN'S RUGBY	MEN'S VOLLEYBALL	WOMEN'S VOLLEYBALL	MEN'S BASKETBALL	WOMEN'S BASKETBALL
<b>Humber - OCAA PROVINCIAL CHAMPIONS</b>	<b>Humber - OCAA SILVER MEDAL</b>	1. Niagara 14 pts 2. Humber 10 pts 3. St. Clair 8 pts 4. Redeemer 8 pts	1. Humber 12 pts 1. Fanshawe 8 pts 3. St. Clair 8 pts 4. Redeemer 8 pts	1. Sheridan 14 pts 2. Mohawk 10 pts 3. Humber 10 pts 4. St. Clair 10 pts	1. Humber 12 pts 2. St. Clair 12 pts 3. Niagara 10 pts 4. Fanshawe 10 pts



Abdikarim Hashi

Humber's name is written all over the OCAA championship plaque. With six golds in seven seasons, Humber will be ready for another title run in 2014.

## Four times gold for men's rugby

Rayne's squad continues OCAA dominance with fourth straight title, outlasting Algonquin

Abdikarim Hashi  
SPORTS REPORTER

The Humber Hawks have won their fourth consecutive OCAA men's rugby title, and sixth in seven seasons.

In a very physical game against the Algonquin Thunder on Nov. 17, Humber came away with a 24-16 win on home turf, at Valley Field.

"It was a close game and it got ugly out there during times, but we managed to pull through," said head coach Fabian Rayne. "And I'm very proud of our players and organization."

Both teams came out energized but Algonquin quick-

ly scored off of two penalty kicks to take an early 6-0 lead. Humber truly started to play after former rookie of the year, Curtis Lauzon, took a hard hit from the Thunder defence.

This was the game changer, snapping the Hawks awake and igniting the winning attitude that's driven them the entire season. Shortly after, Humber made an impressive push to the end zone, Adam Chianello finished the sequence with a try, and rookie John Sheridan added a successful convert.

Humber managed to push through the end-zone once again, after Joseph Ginsberg

found a gap between the Algonquin defence and landed another try, also giving Sheridan his second conversion of the day. Humber took a 14-6 lead into halftime.

"We have a good team, and lots of talented players," said assistant coach Andre Rose-Green.

At the start of the second half, the Thunder forced a quick push at Humber's end and scored a try, but were unable to convert, leaving the score at 14-11. Both teams stepped up their defensive efforts and cut down on errors. After battling for quite some time, a penalty was awarded to the Hawks and Sheridan once again made a long kick for three more points.

Jason Chuck, Humber's captain who's been on the

sidelines since the first game of the season, finally recovered for the finals and checked into the game, giving his teammates a psychological boost.

"I'm glad I was able to get on the field and play in our final game," said Chuck. "Rather than sit and watch it from the side lines."

The Thunder wouldn't back down, and with the game coming to a close, Algonquin's Max Schafer stole the ball off a kick and scored, but they couldn't take the lead, as their kicker couldn't convert.

The Hawks maintained their slim, 17-16 lead.

James Mitchell, OCAA All-Star and this season's scoring champion, stepped in to secure the gold for Hum-



"I'm glad I was able to get on the field and play in our final game, rather than sit and watch it from the sidelines."

Jason Chuck  
TEAM CAPTAIN

ber. Mitchell added a try in the final minutes to ease the Algonquin pressure – along with Sheridan's convert – to wrap up the 24-16 victory and complete the perfect, undefeated season.

Humber is now one step closer to equalling Seneca's record of five straight titles, from 2001 to 2005.

## Women fall short in OCAA finals

Ryan Poirier  
SPORTS REPORTER

In a rematch that had been in the cards for a year, the Humber Hawks women's rugby team fell to Algonquin College 35-21 in the OCAA finals.

Last season ended in disappointment and confusion as Humber and Algonquin were named co-champions thanks to a refereeing error in overtime.

"The 'and' always looks ugly on a trophy," said Algonquin's head coach, Dan Gauthier.

This season's gold medal game was another back and forth battle right from the start. After giving up five points to Algonquin early, Humber responded and took over the first half, going into the break up 21-15.

The Hawks couldn't carry that momentum into the second half though, and for the first time all season, failed to score a single point. Algonquin took control of the game and scored 20 unanswered points.

Algonquin kicked the ball down field from their end at every opportunity, to free up space in their own territory.

"We saw some things that we weren't really ready for," said Humber assistant coach, Dale Essau. "We hadn't played a lot of teams that kicked a lot."

Despite the outcome, however, the team competed well all season and coaches felt it needed to accept the outcome.

"We're going to go back to doing what we've been doing for the last four years," Essau said. "We play as hard as we can and we leave everything on the field."

Hawk's player of the game with two tries in the loss, Reasa Bowen-Charles, to do for next year. "This loss was nothing but a lesson," said Bowen-Charles, first year community and justice services student. "We're come back even harder next season."

This loss was Humber's first in three seasons, since joining the OCAA in 2011.